

Information Chart

A garden for everyone

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Vegetable	Type	Nutritional value (vitamins)	Root depth	Resistance to frost	planting system and depth in cm.
Vine tomatoes	Vegetable	A and C	deep	sensitive	1,5 - 2,0 seedling
Bush tomatoes	Vegetable	A and C	deep	sensitive	1,5 - 2,0 broadcast with thinning seedling
Soya	Leguminous Vegetable	A and C proteins	medium	sensitive	3,0 - 5,0 hole drilling*
cassava	3 year Perennial	C Carbohydrates	medium	sensitive	stake transplant
Carrot	Root	A mineral	medium	resistant	1,5 - 2,0 broadcast with thinning
Zucchini, Squash,	Vegetable	C	medium	very sensitive	3,0 - 5,0 drilling*
Squash, Pumpkin	Vegetable	A and C Carbohydrates	deep	very sensitive	3,0 - 5,0 drilling*
					*In each hole: place 2 to 3 seeds

Spacing (cm.) after thinning or transplanting		Seeds in 10 m furrows	Days to maturity	When to harvest	Approx. yield in 10 m furrows
Between plants	Between furrows				
30 - 60	90 - 100	15 - 35 Plants	60 - 100	Firm nicely colored produce	40 - 50 kg.
10 - 20	120 - 150	1 - 2 Broadcast 50 - 100 plants	70 - 100	Firm nicely colored produce	30 - 40 kg.
10	50	80	70 - 100	Full pod - seeds slightly immature	3 kg. green
90	120	10 - 15 stakes	250 - 300	well developed roots	25 kg.
3 - 6	30 - 60	4 - 5	65 - 85	Formed roots and colored	25 - 30 kg
70 - 100	100 - 150	6 - 7	80 - 120	Tender vegetables, soft when pressed with fingernail	70 - 100
100 - 150	250 - 300	7 - 8	100 - 120	Firm vegetables, firm when pressed with fingernai	25 - 30
					*In each hole: place 2 to 3 seeds

Vegetable	Type	Nutritional value (vitamins)	Root depth	Resistance to frost	planting system and depth in cm.
Green Peppers	Vegetable	A and C	Medium	Very sensitive	1,5 - 2,0 seedling
Green beans, string beans, beans, kidney beans	Leguminous vegetable	A and C proteins	Medium	sensitive	3,0 - 5,0 drilling
Leeks	Bulb	C	shallow	resistant	1,5 - 2,0 broadcast thinning seedling
Radishes	Root	C minerals	shallow	resistant	1,0 - 1,5 broadcast thinning
Beetroot, Beets	Root	minerals	Medium	resistant	2,0 - 3,0 broadcast thinning
Lima Beans	Leguminous vegetable	A and C proteins	deep	Very sensitive	3,0 - 5,0 drilling
Cabbage	Leaf	C - minerals	shallow	resistant	seedling
Watermelon	Fruit	A	Deep	very sensitive	3,0 - 4,0 drilling

Spacing (cm.) after thinning or transplanting		Seeds in 10 m furrows	Days to maturity	When to harvest	Approx. yield in 10 m furrows
Between plants	Between furrows				
30 - 45	50 - 80	35 - 40 plants	70 - 110	firm well developed fruit	8 - 10 kg.
5- 10 (shrubby) 15 - 40 branch	50 - 70 70 - 90	80 60	55- 80	when the seed is one fourth of its ripened size	5 - 7 kg 7 - 10 kg
10- 15	30 - 70	70 - 100 plants 2 - 3 ¹ broadcast	130 - 150	5 cm. width at the base of the plant	10 - 12 kg.
2,5 - 5	25 - 45	3 - 4	20 - 40	2 cm. wide roots	5 - 8 kg.
5 - 8	45 - 70	6 - 8	65 - 100	6 cm. wide roots colored	15 - 20 kg.
15 - 20	60 - 90	60	60 - 80	full pods - seed somewhat immature	10 - 15 kg green
40 - 45	50 - 80	20 - 25 plants	70 - 120	well packed heads	20 - 25 heads
100 - 150	175 - 300	5 - 6	90 - 100	the part touching the soil turns from white to yellow	20 - 30 watermelon

Vegetable	Type	Nutritional value (vitamins)	Root depth	Resistance to frost	planting system and depth in cm.
Sweet corn	Vegetable	A (yellow) carbohydrates	shallow	sensitive	4,0 drilling*
Melon	Fruit	A and C	medium	very sensitive	3,0 - 4,0 drilling*
Turnip	Root	C	medium	resistant	1,0 - 1,5 broadcast thinning
Asparagus	Stalk - perennial 15-20 years	A (green) and C	deep	resistant	crown transplant
Oregano	Leaf perennial 5-6 years	herb	shallow	resistente	stem cutting transplant
Potato	Stem tuber	C-carbohydrates minerals	shallow	resistant	8,0 - 10,0 drilling, seed pieces
Cucumber	vegetable	C	medium	very sensitive	3,0 drilling
Parsley	Leaf	herb	shallow	resistant	1,5 -2,0 broadcast thinning

Spacing (cm.) after thinning or transplanting		Seeds in 10 m furrows	Days to maturity	When to harvest	Approx. yield in 10 m furrows
Between plants	Between furrows				
20 - 30	60 - 70	15 - 20	60 - 90	Full tender kernels - cobs	40 - 50
50 - 120	120 - 200	5	80 - 100	When they are separated from the stalk - or turn yellow in color	15 - 50 melons
10 - 15	30 - 60	2 - 3	60 - 75	2.5 cm. wide roots	50 - 100 roots
20 - 30	140 - 160	30 - 50 crowns	1 or 2 years after transplant	25 to 30 cm. stems	5 - 7 kg
20 - 30	40 - 80	30 - 40 Plants	90 - 180	harvest well developed leaves	2 to 3 leaves are enough per family
15 - 30	60 - 80	1.5 to 2.0 kg of seed tuber	90 - 120	drying yellow plants	15 - 25 kg
80 - 100	100 - 150	3 - 4	50 - 70	when the seeds are half the size of ripe ones	8 - 10 kg.
10 - 20	40 - 60	3 - 4	100	as needed cut larger leaves	50 - 100 plants

Vegetable	Type	Nutritional value (vitamins)	Root depth	Resistance to frost	planting system and depth in cm.
Swiss chard	Leaf	A and C minerals	medium	semi resistant	2,0 - 3,0 broadcast relay planting
Hot peppers	Vegetable	A and C	medium	very sensitive	1,5 - 2,0 seedling
Garlic	Bulb	carbohydrates	shallow	resistant	bulbs drilling
Celery	Leaf (petioles)	minerals	shallow	semi resistant	0,5-1,0 seedling
Peas	Leguminous vegetable	A and C proteins	medium	semi resistant	3,0 broadcast with or without thinning
Eggplant	Seedling vegetable	A	medium	very sensitive	1,5 - 2,0 seedlings
Broccoli	Flowering vegetable	A and C minerals	shallow	semi resistant	1,0 - 1,5 seedling
Sweet potato, yams	Root	A carbohydrates	deep	very sensitive	15,0 - buried or cuttings or tuber sprouts

Spacing (cm.) after thinning or transplanting		Seeds in 10 m furrows	Days to maturity	When to harvest	Approx. yield in 10 m furrows
Between plants	Between furrows				
30	60	8	70	Fully grown leaves harvest outer leaves or whole plant	30 plants
25 - 30	80 - 90 Plants	35 - 40	90 - 100	mature plants sun dried fruits	3 - 5 kilos
5 - 10	45 - 60	140 - 200 bulbs	135 - 210	plants turn yellow and dry	4 - 6 kilos
25 - 30	45 - 80	35 - 40 Plants	110 - 150	well developed petioles	30 - 40 plants
3 - 10	45 - 60	100 - 200	60 - 70	Full pods somewhat immature seeds	4 - 7 kilo green
30 - 60	70 - 90	17 - 35 Plants	80 - 120	well developed vegetable before it turns dull	10 - 12 kilos
40 - 50	45 - 80	20 - 25 Plants	80 - 150	first harvest green firm heads	20 - 25 plants
30	90	300 g. of cuttings or 30 to 35 plants	130 - 150	in fall before frosts starts	15 - 20 plants

Vegetable	Type	Nutritional value (vitamins)	Root depth	Resistance to frost	planting system and depth in cm.
Onion	Bulb leaves (green)	green: A and C and minerals bulb: carbohydrates	shallow	resistant	1,5 - 2,0 seedling
Cauliflower	Flowering vegetable	C minerals	shallow	semi resistant	1,0 - 1,5 seedling
Escarole, endive	Leaf	A and C minerals	shallow	semi resistant	1,0 - 1,5 broadcast relay or seedling
Spinach	Leaf	A and C minerals	shallow	resistant	2,0 - 3,0 broadcast with thinning or seedling
Snap Beans, French Beans	Leguminous vegetable	A and C proteins	medium	resistant	5, 0 a drilling
Strawberry	Fruit (flower sprout) perennial 4 years	C	medium	resistant	runner transplant
Artichoke	Vegetable (flowering) perennial 4 to 5 years	C minerals	deep	resistant	sucker transplant
Lettuce	Leaf	A and C minerals	shallow	resistant	1,0 - 1,5 broadcast relay or thinning

Spacing (cm.) after thinning or transplanting		Seeds in 10 m furrows	Days to maturity	When to harvest	Approx. yield in 10 m furrows
Between plants	Between furrows				
5 - 10	45 - 70	100 - 200 Plants	135- 180 bulbs 80 - 60 turn green	bulb: plants turn yellow and dry - turn green: well developed leaves	15 - 20 bulbs (Kg.)
40 - 50	45 - 80	20 - 25 plants	80 - 150	very firm and white heads	20 - 25 heads
20 - 25	45 - 60	3 - 5 broadcast 40 - 50 plants	60 - 100	harvest the whole plant when the leaves are fully grown	40 - 50 plants
20 - 25	45 - 60	4 - 6 a Broadcast 40 - 50 plants	60 - 90	fully grown leaves - harvest outer leaves or the whole plant	40 - 50 plants
15 - 30	45 - 70	100 - 200	70 - 120	Full pods - seeds somewhat immature grain	18 - 20 kilos green
20	45 - 60	50 runners	90 - 120	firm well colored vegetable	3 - 5 kilos
90 - 100	120 - 150	10 - 15 Sprouts	150	flowering - well developed but before they open	100 - 200 Artichoke
25 - 30	45 - 60	3 - 5 Broadcast 40 - 50 plants	60 - 100	fully grown leaves - harvest the whole plan	30 - 40 plants

Green living walls.

How do you make green living walls?



1



Get a good sized can or large plastic container

2



Make holes around the container so that they are the same distance apart. Also make holes in the bottom.

3



Place a plastic bag inside the container cutting holes in the bottom in the same way so that excess water can run out.

4



Fill the container with enough soil mixture like the one prepared for the seedlings. (see Page 98)

5



Water from the top making sure that the mixture is completely moistened. Then cut holes in the plastic to be able to plant.

6



Plant the seeds or seedlings in the holes burying them in the mixture.



The Food and Agriculture
Organization of the
United Nations,
Regional Office for Latin America
and the Caribbean

Certifies that:

The.....
family has satisfactorily participated in the Self
tutorial course **A garden for everyone**

A handwritten signature in black ink, appearing to read 'Juan Izquierdo'.

Juan Izquierdo
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